

DINNERLY



Fan Fave: Beef and Creamy Coconut Pasta with Zucchini and Peas



25 minutes



2 Servings

Creamy pasta without the cream? You heard right! With a splash of coconut milk, your dinner is dairy-free. Add juicy beef mince and fresh greens for a speedy dish that's sure to please.

WHAT WE SEND

- 1 zucchini
- 200g penne pasta¹
- beef mince
- 5g country seasoning¹⁷
- 150g peas
- 200ml coconut milk

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs tomato paste
- 2 tsp dijon mustard¹⁷

TOOLS

- medium saucepan
- box grater
- medium deep frypan with lid

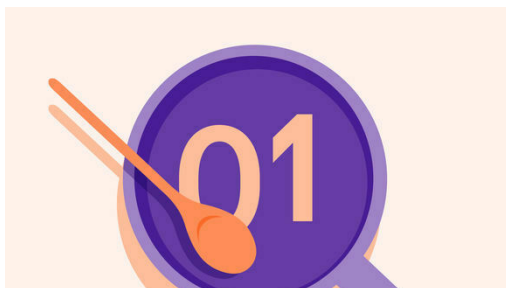
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

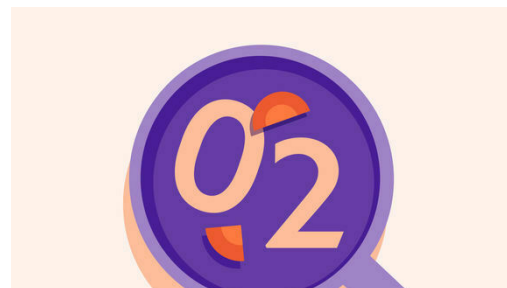
NUTRITION PER SERVING

Energy 985kcal, Fat 43.9g, Carbs 85.4g, Proteins 56.2g



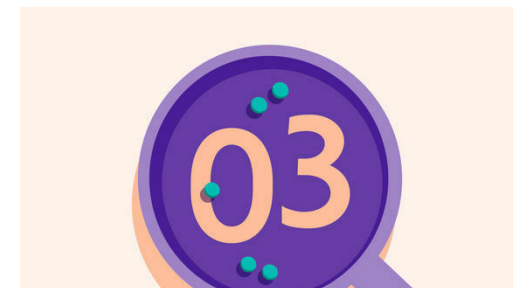
1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Crush or finely chop **2 garlic cloves**. Coarsely grate the **zucchini**.



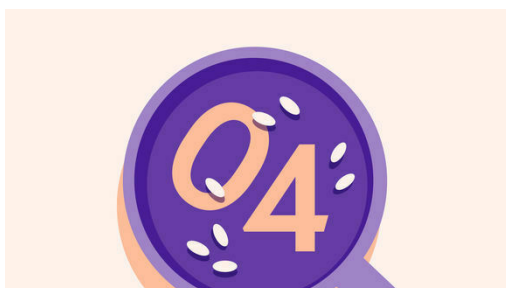
2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Drain.



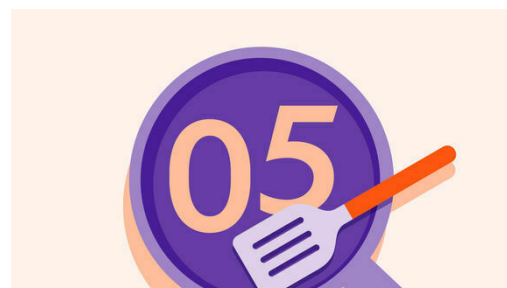
3. Brown mince

Meanwhile, heat **1 tbs olive oil** in a medium deep frypan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **garlic**, **country seasoning** and **2 tbs tomato paste** and cook, stirring, for 2 mins or until combined.



4. Simmer sauce

Add the **zucchini**, **peas** (see Make it yours), **half the coconut milk*** and **125ml (½ cup) water** to the beef mixture and bring to the boil. Reduce the heat to medium and cook, covered, for 4 mins or until thickened. Taste, then season with **salt and pepper**.



5. Serve up

Add the **pasta** and **2 tsp dijon mustard** to the sauce and stir to combine. Divide the **beef pasta** among bowls and enjoy!



6. Make it yours

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand, from broccoli and mushrooms to capsicum and carrot.